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Spurred lines?

Halifax gals counter Robin Thicke's controversial new song with a parody — with less naked and more consent **PAGE 3**



Courteous, gracious, charming

Curators remember Alex Colville **PAGE 6**

High praise for MacKinnon

Ex-NHLer flattered by comparisons to Moose star **PAGE 25**

PRIDE AND TRUE

10-DAY FESTIVAL GEARS UP TO BE 'BIGGER AND BETTER' THAN EVER **PAGES 12-13**

Saying bye to crew of HMCS St. John's



Master Seaman Dan Harris embraces his five-year-old daughter, Evelyn, at the Military Family Resource Centre in Halifax, before leaving for deployment on Wednesday. About 255 sailors are being rotated to HMCS Toronto. JEFF HARPER/METRO

Arabian Gulf. Sailors replacing crew aboard HMCS Toronto

CLARK JANG
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Norma Edwards has seen her husband, son and daughter deployed overseas to serve with the Canadian Forces.

And after 33 years of bidding farewell to loved ones, it still stings to see them go.

"It's hard to see any part of your family deployed," Edwards said, her eyes red with tears. "You're constantly thinking about them and constantly worrying about them."

Edwards was one of dozens gathered at the Halifax Military Family Resource Centre on Wednesday to see their loved ones off. Her daughter, Cynthia Foley, is one of approximately 255 sailors being rotated to HMCS Toronto from HMCS St. John's.

Motherly worry

"You just keep on praying that they come home safe."

Norma Edwards, mother of one of the sailors



Family members hold a Canadian flag and say their goodbyes Wednesday to crew members of HMCS St. John's. JEFF HARPER/METRO

It was an emotional afternoon for sailors and family, who can be separated anywhere from six to eight months, or longer. With no definitive timeline for the deployment, the uncertainty can take its toll on family members.

"I'll probably have bad dreams for several weeks while she's gone," said Edwards. "Your mind overreacts and you over-think things. And you always think the worst."

HMCS Toronto, deployed since January, is part of Canada's contribution to Operation Artemis in the Arabian Gulf, a multinational maritime security and counter-

terrorism operation.

Foley says she's excited to serve her country and see the world, even if the prospect of leaving the familiar seems foreign.

"My four kittens must've thought I was crazy as I kissed them and cried this morning, saying goodbye to them," she said with a laugh.

Although Foley's departure will be more emotional for her mother than her kittens, she says Skyping and emailing will fill the emotional void.

"It's not as bad as when my dad used to sail. They didn't have those technologies, so it was much longer stretches between the deployed member and home," she said.

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Lunenburg County

Woman seriously hurt in highway collision

A section of Highway 103 was shut down for several hours after a serious two-vehicle crash on Wednesday afternoon.

Just after 3 p.m., police say there was a collision between a pickup truck and SUV near Exit 12 in Lunenburg County.

The driver of the truck was taken by a LifeFlight helicopter to the Queen Elizabeth II Health Sciences Centre in Halifax. The extent of her injuries wasn't known.

The two people in the SUV weren't hurt.

Police are investigating the cause of the accident.

METRO

Dartmouth

Girl struck in crosswalk

A 14-year-old girl was sent to hospital after being struck by a vehicle in a marked crosswalk on Wednesday evening.

Halifax Regional Police were called to the intersection of Pleasant and Crawford streets in Dartmouth after the girl was hit in the crosswalk at 6:30 p.m.

Police say the victim suffered non-life-threatening injuries.

The driver of the vehicle was expected to be ticketed for failing to yield to a pedestrian in a crosswalk. METRO

Online

Read more local news at metronews.ca.



Ask First is Mary Burnet and Kaleigh Trace's response to Robin Thicke's controversial video Blurred Lines. SCREENGRAB

Laying it on Thicke

Ask First. Halifax group counters Robin Thicke's Blurred Lines with 'consent is sexy' video



HALEY RYAN
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Sex is great: Just don't take a certain pop song literally these days, and remember to ask first, Kaleigh Trace says.

Trace and friend Mary Burnet decided to write their own version of Robin Thicke's hit single Blurred Lines — titled Ask First — after Trace watched the explicit video and

listened closely to the lyrics.

"I realized it was a terrible, terrible song," said Trace, who works with Burnet at Venus Envy in Halifax.

Thicke has caught a fair amount of criticism over the video, which shows nude models dancing around Thicke (dressed in a suit) as he sings "the way you grab me, must wanna get nasty" and "you know you want it."

Trace said that line, especially, is "really gross."

"It's like a line that is so often used in terms of promoting a rape culture and upholding a system I don't really think is helpful to women," she said.

Thicke defended the song

in GQ by saying that since he and the other men in the video are married with kids, they were "the perfect guys to make fun of this."

"People say, 'Hey, do you think this is degrading to women?' I'm like, 'Of course it is. What a pleasure it is to degrade a woman. I've never gotten to do that before,'" Thicke said.

"That really got to me," Trace fumed.

Burnet wrote the parody lyrics on her lunch break, and Trace said the duo got a group together to make the video in a Göttingen Street barbershop.

"Pop culture is so effective at spreading messages" Trace said. "It's a great way of having fun, and we think that consent and sex-positivity is a pretty good message."

Mostly, Trace said, she wants people to realize a political message can be fun, and you don't need to be degrading to get on the radio waves.

"I feel like there's this trend to be risqué, but often that risqué is actually just a bit offensive."

Robin Thicke has dismissed criticism of his song Blurred Lines.

GETTY IMAGES



1 NEWS



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Province gives \$1.2 million to QEII for new CT scanner

\$400,000 to go. New device is expected to reduce wait, serve 20 per cent more patients

CLARK JANG

halifax@metronews.ca

The province is making a seven-figure contribution towards the purchase of a new CT scanner for the QEII Health Sciences Centre.

The \$1.2-million contribution was announced by Health and Wellness Minister David Wilson on Wednesday.

"It's so important to ensure the equipment we have here in Nova Scotia is the most modern equipment," Wilson told reporters.

CT scanners are used for a special kind of X-ray imaging

and can help detect ailments such as cancers, broken bones and blood clots. Wilson says while the current CT scanner at the QEII is still functional, it's out-of-date.

More than 6,000 patients use the scanner each year, and the new unit is expected to reduce wait times by serving 20 per cent more patients.

It was welcome news for Marina Bondar, whose CT scan last year revealed a case of Stage 4 lung cancer.

"If it's not for that CT scan, maybe I'd be dead already," said Bondar at the announcement. "We need a good machine to find out in people what's going on with you."

The cost of the scanner is \$1.6 million. The difference will be made up by the QEII Foundation.

The state-of-the-art scanner is expected to be up and running by March 2014.



David Wilson, minister of health and wellness, stressed the importance of cutting-edge technology at the announcement Wednesday. CLARK JANG/FOR METRO

Company getting to the bottom of gas leaks



HRM set up two mobile command units during an investigation into a natural-gas leak on South Park Street on Tuesday. JEFF HARPER/METRO

Heritage Gas says it is investigating after separate natural gas leaks forced two Halifax neighbourhoods to evacuate on Tuesday.

Company spokeswoman Alice McCarron says findings from the investigation will be included in an incident report to be filed with the Nova Scotia Utility and Review Board.

A construction crew contracted by Heritage Gas punctured a main gas line in Halifax's south end Tuesday during routine maintenance,

Official word

"Heritage Gas ensures that all contractors are accountable for adhering to our stringent construction-safety management process."

A statement from the Halifax-based company

causing several dozen homes to be evacuated and some surgeries to be put on hold at a nearby hospital because power had to be turned off to the area.

A second gas leak was later reported on Gaston Road in

Dartmouth, which led to the evacuation of three apartment buildings and between eight and 10 homes.

No injuries were reported in either leak.

Heritage Gas has stopped all work as a result of the

leaks, and McCarron could not say when operations would resume.

McCarron says details of the company's investigation are still being worked out and she could not comment on how it will proceed.

In a statement Wednesday, the Halifax-based company said safety is its No. 1 priority.

"Heritage Gas worked successfully with all first responders to quickly and safely contain both incidents," the statement read.

THE CANADIAN PRESS



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Policy changes. Special assistance not addressing needs of Nova Scotians: Report

Special assistance in the province isn't properly addressing the needs of Nova Scotians, says a report released by the Canadian Centre for Policy Alternatives on Wednesday.

The report, titled *Cornerstone Compromised*, criticizes changes made to Employment Support and Income Assistance policy for essential and special needs.

The changes mean reduced allowances for dental care, gym memberships, bus passes, special diets and medical marijuana.

The changes were announced by the province in August 2011 and were intended, according to a release then, to "ensure funding deci-



Dr. Anne Houston
EVAN MCINTYRE/FOR METRO

sions are consistent and fair provincewide."

"The changes themselves mean that many Nova Scotians aren't able to access what they need for their health or their disability needs," study author Christine Saulnier said at the report launch in Halifax on Wednesday.

At the launch, people illustrated the difficulties they encountered when trying to access special services.

Shari Clarke accessed so-

cial assistance after a cancer diagnosis left her unable to work full time.

"Due to changes in special-needs categories, expenses like food, transportation and medical needs became reclassified as special needs and were subsequently dropped," she said.

Crystal Leffley said she was denied government support for speech therapy for her son, who has verbal apraxia. She said her son's difficulty communicating has led him to be bullied in school.

The report claims services that were once covered by income assistance are now downloaded onto community providers, which are often run by part-time volunteers.

Dr. Anne Houston has worked at the North End Community Health Centre for more than 25 years. She said she has to refer patients to access services that used to be openly available.

"I feel like people's mothers — I'm writing notes for everything," Houston said.

EVAN MCINTYRE/FOR METRO

Quoted

"I feel like people's mothers — I'm writing notes for everything."

Dr. Anne Houston at the North End Community Health Centre, who says she has to refer patients to access services that used to be openly available.

Tapping into the human condition

Alex Colville. N.S. painter died Tuesday at home in Wolfville

Alex Colville will be remembered for his ability to tap into the human condition with the dab of a brush, reflecting both the tranquil and unsettling moments of life, members of the Canadian art community said Wednesday after hearing of the artist's death.

Colville's work spoke a universal language that reflected what it meant to be human, said Sarah Fillmore, chief curator at the Art Gallery of Nova Scotia in Halifax.

"The more you look at those paintings, the more they kind of unfold, and our own experiences become his experiences," she said.

"The best thing that art can do is help you to see yourself." Colville died of a heart con-



Alex Colville CONTRIBUTED

Tribute to a life

A memorial service for Colville will take place at the Manning Memorial Chapel at Acadia University in Wolfville next Wednesday.

most images around him," said Crystal Mowry, senior curator at the Kitchener-Waterloo Art Gallery in Ontario.

Fillmore, whose gallery features some of Colville's work, said the distinguished painter will be remembered not only as an extraordinary artist, but also a gentleman. That was a sentiment echoed by Sue Melvin, the programming co-ordinator at the Art Gallery of Nova Scotia.

"Very courteous, very gracious, very charming," said Melvin, who first met Colville in 2002 and organized various events with him over the years. **THE CANADIAN PRESS**

dition Tuesday in Wolfville. He was 92.

His death drew tributes from artists and curators across the country who remembered Colville for his unyielding depictions of life's everyday moments that others glossed over.

"What Colville was probably tapping into was something about the human condition that he felt was absent from what he was seeing in

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Cape Breton Regional Police evacuated staff and patrons from the Mayflower Mall in Sydney on Wednesday.
CAPE BRETON POST

Mall put in lockdown over reports of man with gun, explosives

Heavily armed police who had descended on the Mayflower Mall on Wednesday afternoon evacuating shoppers and store employees in response to a bomb threat gave the all-clear about an hour later.

Police had received reports at about 1 p.m. that a man inside the busy mall was carrying a handgun and had explosives strapped to his back while threatening to shoot any police officers he saw and also detonate the explosives.

The Cape Breton Regional Police said in a release after standing down that they did not locate any suspect inside

Evacuation order

Dentist Michael Cormier of the Mayflower Dental Group said the bomb scare raised some worries for a young person in his dental chair, although he himself wasn't too concerned when asked to evacuate the mall.

the mall but that members of the major crime unit have been called in to assist patrol officers with the ongoing investigation.

Stores were also told to

lock their doors in some instances with employees and shoppers inside while the heavily armed police searched the entire mall.

Firefighters and EHS paramedics also responded to the scene at the mall.

Insp. Mike Kennedy said shortly afterwards that it appears to have been a prank call but that hadn't yet been fully determined.

"There were several calls made to dispatch, and of course as police officers we have to take all of these calls seriously, which we do," he said. **CAPE BRETON POST**

Owner of gore website charged

Corrupting morals.

Edmonton man faces jail time after posting alleged Magnotta video online



ANNALISE KLINGBEIL
Metro in Edmonton

The Edmonton owner and operator of a "shocking" gore website has been charged for posting a video allegedly sent to him by Luka Magnotta that depicts the murder of university student Jun Lin.

Magnotta is scheduled to stand trial in September 2014 for the murder and dismemberment of Lin, whose severed body parts were mailed across the country in spring of last year.

A video depicting the murder was allegedly sent by Magnotta to bestgore.com and posted online by the website's owner and operator, Edmontonian Mark Marek. The video remained on the site for eight days.

After a lengthy police investigation that included months spent trying to track down Marek, who authorities believe has no fixed address and was living out of a vehicle, the 38-year-old has been charged

with corrupting morals.

"I've never heard of that charge before ... I believe this may be the first time it's ever been laid in Edmonton," said EPS Staff Sgt. Bill Clark.

Clark said two Edmonton detectives from the homicide section were assigned to the case in June of 2012 and worked to track down the site's owner and operator.

Cops located Marek in Edmonton in February but still had not obtained enough evidence to charge him.

The day after he was located, Marek left the country and Canadian Border Services was notified.

On July 10, Marek landed in Vancouver and his laptop, hard drive and USB keys were seized. Police still didn't have enough evidence to lay charges.

Marek then fled to Edmonton where authorities asked him via e-mail to come in for an interview.

A co-operative Marek was interviewed on Tuesday afternoon in Edmonton and provided authorities with "a lot" of evidence, Clark said.

At the end of the interview, Marek, who has no prior police involvement, was charged. The maximum penalty for corrupting morals is two years.

Clark described the best-gore website as both "shocking" and disturbing.



Alleged kidnapper pleads not guilty on 977 counts

Ariel Castro, left, stands before a judge with defense attorney Craig Weintraub during Castro's arraignment on an expanded 977-count indictment Wednesday in Cleveland. Castro is charged with kidnapping and raping three women for more than a decade in his Cleveland home. Castro pleaded not guilty to 512 counts of kidnapping and 446 counts of rape. TONY DEJAK/THE ASSOCIATED PRESS

Hollywood. Reason for riot still unclear: Police

Packs of young people ram-paged through Hollywood, knocked down people and stole cellphones and other items before a police sweep halted the marauding and arrested a dozen people, police said Wednesday.

Fifteen to 20 young men and women were "attacking victims and taking property," said Lt. Ray Valois. "Some people may have been knocked down or punched." No serious injuries were reported.

Cmdr. Andrew Smith said

it was believed the youths took advantage of a redeployment of police to Los Angeles' Crenshaw District, where violence had broken out the previous night over the acquittal of a Florida neighbourhood watchman, George Zimmerman, in the shooting death of an unarmed black teenager, Trayvon Martin.

But it was unclear whether the Hollywood marauders were inspired by the Crenshaw violence or anger at the Zimmerman verdict. THE ASSOCIATED PRESS

First Nations. Leaders seek food security

Angry leaders from the Assembly of First Nations want a federal response to research that says nutritional experiments were conducted on unwitting, hungry aboriginal children in the 1940s.

Grand Chief Shawn Atleo says the revelations in a Canadian Press story are dominating conversations at an assembly meeting in Whitehorse.

He says the assembly is drafting an emergency resolution demanding that Ottawa acknowledge that aboriginal

children are still hungry.

The AFN leaders say the Harper government should stop fighting the assembly's attempts to ensure food security for aboriginal people.

The chiefs say the prime minister should put the words of his historic 2008 apology to aboriginal people in action.

A spokeswoman for Aboriginal Affairs Minister Bernard Valcourt has said the current federal government was shocked by the findings.

THE CANADIAN PRESS

Getting Dropped Off at the Airport?



Construction is underway along the drop-off curb at Halifax Stanfield. Airport operations will continue, with safe access to the terminal building.

Please watch for signs and allow extra time for your next airport visit. Find out more at www.flyhalifax.com



Drop off early. Check in on time.

Dear Malala. Taliban commander writes to girl his group tried to murder

A prominent Pakistani Taliban commander has written a letter to a teenage girl shot in the head by the group, expressing regrets that he didn't warn her before the assassination attempt that propelled her activism to the international stage.

The letter from Adnan Rasheed, however, didn't apologize for the October attack that left Malala Yousafzai gravely wounded. Rasheed, who has close relations with Taliban leaders, only said that he found the shooting "shocking" and wished it hadn't happened.

Rasheed said he would leave it up to God to decide whether the activist for girls' education should have been targeted.

"You have said in your speech yesterday that pen is mightier than sword," Rasheed wrote in reference to Malala's speech Friday at the United Nations, "so they attacked you for your sword not for your books or school."

Rasheed said the letter received by The Associated Press late Tuesday night expressed his own opinion, not that of the militant group. Another Taliban commander confirmed



Malala Yousafzai

MARY ALTAFFER/THE ASSOCIATED PRESS

the letter, written in English, was authentic.

Malala was 15 years old when she and two of her friends were attacked on their way home from school in Pakistan's northwest Swat Valley. Malala celebrated her 16th birthday last week by giving a speech at the UN in New York, demanding world leaders provide free education to all children.

Rasheed said the Taliban did not attack Malala because she was a proponent for girls' education, but because she was critical of the militant group when it took over much of Swat in 2008 and 2009.

THE ASSOCIATED PRESS

Same-sex marriage

Britain makes it official: Gay marriage OK'd

With little fanfare or controversy, Britain announced Wednesday that Queen Elizabeth II had signed into law a bill legalizing same-sex marriages in England and Wales.

THE ASSOCIATED PRESS

Royal birth

England and wails: Queen impatient for baby to arrive

Asked whether she was hoping for a boy or a girl as her third great-grandchild, Queen Elizabeth II said, "I don't think I mind. I would very much like it to arrive. I'm going on holiday."

THE ASSOCIATED PRESS

22 kids die in India after eating free school lunch

Dozens sick. Not yet clear how food got tainted with insecticide

The children started falling violently ill soon after they ate the free school lunch of rice, lentils, soybeans and potatoes.

The food, part of a program that gives poor Indian students at least one hot meal a day, was tainted with insecticide, and soon 22 of the students were dead and dozens were hospitalized, officials said Wednesday.

It was not immediately clear how chemicals ended up in the food at the school in the eastern state of Bihar. One official said that the food may not have been properly washed.

The children, between the ages of 5 and 12, got sick soon after eating lunch Tuesday in Gandamal village in Masrakh block, 80 kilometres north of the state capital of Patna. School authorities immediately stopped serving the meal as the children started vomiting.

Savita, a 12-year-old student who uses only one name, said she had a stomach ache after eating soybeans and potatoes and started vomiting.

"I don't know what happened after that," Savita said in an interview at Patna Medical College Hospital, where she and many other children were recovering.

The lunch was cooked in the school kitchen.

The children were rushed to a local hospital and later to Patna for treatment, said state official Abhijit Sinha.

In addition to the 22 children who died, another 25



Children who fell sick after eating a free school lunch lie at a hospital in Patna, India, Wednesday. At least 22 kids died.

AFTAB ALAM SIDDIQUI/THE ASSOCIATED PRESS

children and the school cook were in hospital undergoing treatment, said P.K. Sahi, the state education minister. Three children were in serious condition.

Sahi said a preliminary investigation suggested the food contained an organophosphate used as an insecticide on rice and wheat crops. It's believed the grain was not washed before it was served at the school, he said.

However, local villagers said the problem appeared to be with a side dish of soybeans and potatoes, not grain. Children who had not eaten that dish were fine, although they

Headmistress flees

- Authorities suspended an official in charge of the free meal scheme in the school and registered a case of criminal negligence against the school headmistress, who fled as soon as the children fell ill.

had eaten the rice and lentils, several villagers said.

Sinha said the cooked food and kitchen utensils have been seized by investigators. "Whether it was a case of negligence or was intentional,

we will only know once the inquiry has been conducted," he said.

India's midday meal scheme is one of the world's biggest school nutrition programs. State governments have the freedom to decide on menus and timings of the meals, depending on local conditions and availability of food rations. It was first introduced in southern India, where it was seen as an incentive for poor parents to send their children to school.

Since then the program has been replicated across the country.

THE ASSOCIATED PRESS

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Deadly gales, happy trails

While a violent tempest can destroy property and bring financial ruin, it's also the key to fortune for an intrepid breed of entrepreneur: the storm chaser. George Kourounis, full-time chaser and former host of the TV series *Angry Planet*, reveals the secrets to survival in his dream job.

RITA POLIAKOV
rita.poliakov@metronews.ca

COURTESY GEORGE KOUROUNIS

Instead of your math homework, you were busy counting lightning strikes. When your parents pleaded with you to go to law school, you drowned them out with the sound of hurricane-force winds. So unless you became a meteorologist, chances are you're still seeking that dream job.

Well, storm chasing may just be in your forecast.

As violent weather becomes more common, what may have seemed like a fairy tale now might be a valid career choice.

It worked for George Kourounis, a full-time storm chaser and adventurer who tracked his first tempest in 1998. After years of dodging cattle, embracing hail and praying for lightning, Kourounis, who makes his living by photographing and filming tornadoes, hurricanes and other natural phenomena, offers four skills you'll need to thrive — and survive — in your ideal career.

Take your veggies, leave the candy

You have to know what you're looking for. Kourounis hunts for supercell storms — thunderstorms known for their rotating updraft.

"It looks like a cauliflower," he says of storms with the potential to produce a good tornado. "If it looks like cotton candy — soft and mushy — then no."

What Kourounis is really searching for is a cap, a layer of warm air that covers cold air in a storm. If it's strong, but not too strong, then the storm will eventually get through the cap. "Then you've got these explosive storms," he said.

Learn to mind the cows

Driving skills are crucial.

"Some of the most dangerous things don't involve the actual phenomenon," Kourounis said. "Driving on the roads, that is far more dangerous."

That's because tracking a storm will often involve hours of driving, sometimes on unpaved, dangerous paths. Factor in other storm chasers paying more attention to the sky than the road, panicked locals, clay surfaces that don't mix well with water and errant farm equipment, and your chances of crashing have just skyrocketed.

Kourounis has even been caught in a cattle stampede at the worst possible time.

"We had baseball hail coming down, a tornado on the ground moving slowly toward us ... and a herd of cattle that would not get out of my way," he said.

Develop a strong stomach

Storm chasing comes with its fair share of superstitions.

Kourounis firmly believes, for example, that if he accidentally hits a bird, he'll find a storm that day. He also refuses to eat steak unless he's seen a tornado. And when in Texas, if you pass an Allsup's, you better stop for a burrito — no matter how unappetizing — or the fates will be against you.

Know when to walk — or run — away

Kourounis's most important rule is simple enough: Know when to let the tornado go. "No photo's worth dying for," he says.

Raining cash?

According to Kourounis, one tornado season can cost a few thousand dollars in gas, food, hotels and travel. And your competition isn't just other storm chasers, but everyone with a cellphone camera who's willing to give their shots away for free.

- On the flip side, documentaries looking for professional storm footage can pay \$35 per second.

Head in the clouds

If you're looking for the perfect twister, here's his list of the best places to find it:

- Tornado alley:** North Texas, Oklahoma, Kansas, Nebraska (May and June)
- Dixie alley:** Mississippi, Alabama, Tennessee (March and April)
- Northern plains:** Dakota, the Canadian Prairies (summer)
- Southern Ontario:** in the corridor from Windsor to Barrie (May to August)

Moving targets

1,200

The U.S. gets about 800 to 1,200 tornadoes a year. Canada gets about 60.

Gear up and get going

Strobe, emergency lights

These help illuminate the road. Essential at night.

A good laptop

This is key. Kourounis's computer has radar software that he checks regularly.

Radio

This is Kourounis's link to the outside world. It allows him to communicate with fellow storm chasers and weather stations.



RITA POLIAKOV/METRO IN TORONTO

A trusty car

Kourounis has a 1999 Honda CRV. The car is covered in hail dents, which he sees as trophies. He's had to replace the windshield several times.

GPS

Kourounis has a basic model as well as a more sophisticated GPS that he runs on his computer.

More online

Check out videos of George Kourounis's escapades online at his YouTube account, gkourounis.



Icelandair agreement

Porter Airlines signs deal to gain access to Europe

Porter Airlines has signed an interline agreement with Icelandair that gives passengers on its flights access to Europe on a single combined e-ticket, the Toronto-based airline announced Wednesday.

The agreement allows passengers to book a single combined e-ticket for Porter Airlines and Icelandair flights and check baggage through to their final destination.

Porter is a regional airline based in downtown Toronto. **THE CANADIAN PRESS**

Lac-Mégantic

Train co. in Quebec derailment lays off 25% of staff

The company involved in the deadly Quebec train derailment has laid off one-quarter of its workforce in the province, citing the disaster's impact on the business.

Montreal, Maine and Atlantic Railway has laid off 19 of its 75 workers in Quebec, the United Steelworkers Union said. The train staff are not the only ones suffering. "Those who lost their jobs in Lac-Mégantic ... have been forgotten," said a cook at a restaurant near the blast zone. **THE CANADIAN PRESS**

Original idea: 'KFC eleven' goes boneless, drops colonel



KFC will offer new boneless pieces of chicken as an alternative to its traditional breast, thigh and drumstick pieces. The chain says the offering reflects the growing popularity of easier-to-eat chicken strips and nuggets. **KFC/THE ASSOCIATED PRESS**

But is it still finger

lickin' good? The fast-food chain is opening a test upscale restaurant, with the Original Recipe, minus bones and mascot

KFC is tossing out the chicken bones and the quaint image of founder Col. Harland Sanders as it gets ready to test a slightly more upmarket restaurant.

The fried chicken chain says it's opening a location called "KFC eleven" early next month near its headquarters in Louisville, Ky., that will serve flatbreads with toppings, rice bowls, salads and only boneless pieces of its Original Recipe chicken.

The restaurant's exterior won't feature Sanders, whose bespectacled, white-bearded likeness has long been front and centre at traditional KFC

Would Col. Sanders approve?

John Cywinski, president of KFC, said in an interview the company hoped to use the new test location to learn how it can update its offerings and draw in a broader customer base, particularly women.

locations. But the name of the test restaurant is a reference to the 11 herbs and spices Sanders used in the Original Recipe.

KFC eleven's opening is a reflection of the challenges facing traditional fast-food chains such as McDonald's, Burger King and Wendy's. The problem is that people in their 20s and 30s are increasingly heading to chains such as Chipotle Mexican Grill and Panera Bread, where they feel they get better food for slightly higher prices.

THE ASSOCIATED PRESS

Market Minute



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Natural gas: \$3.63 (+3¢)
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DON'T FORGET TO RECYCLE YOUR ELECTRONICS, NOVA SCOTIA

If you've noticed your collection of obsolete electronics growing, then it's time for you to drop them off, free of charge, at your local Electronic Products Recycling Association (EPRA) Drop-off Centre. Electronic products are banned from provincial landfills and there is a better, more environmentally responsible way to dispose of electronics that also helps conserve precious natural resources.



EPRA – formerly known as ACES

EPRA is a not-for-profit, industry-led organization that oversees a government-approved electronic products recycling program for all residents and businesses in Nova Scotia.



To find a Drop-off Centre near you or for more information about electronics recycling, visit recycleMYelectronics.ca/ns or call 1.877.462.8907

STUPID SUMMER AND ITS HEAT

I miss winter.

Yes, that's right. You heard me. Baby, I wish it were cold outside.

Here in Toronto it's been in the low 30s lately, and with the humidex factored in it feels like — excuse me while I make the calculation — 92-billion degrees, give or take.

It's been equally uncomfortable in most of Canada, and frankly, for me, anything over 25 C makes me wish I could trade my existence with an Antarctic researcher, or an Eggo in my freezer.

While it's true that in the depths of winter I have prayed for a July night, I'd have been equally happy this summer to see snowflakes fall from the sky and melt on my face.

Alas, no such luck, and I have to suffer like the rest of you, who convince yourselves that this sleepy, sweaty excuse for a season is the best time of the year.

As someone who hates the summer more than most, I am spe-



HE SAYS

John Mazerolle

metronews.ca

cially positioned to provide counsel on how to defeat it. As such, here are my tips for staying cool this summer. Follow these and you'll feel like the other side of the pillow.

Cold comfort: Beating the heat and staying healthy during the summer

- Dehydration is caused by the loss of water and salt, so drink plenty of salt water.
- A wide-brimmed hat will keep the sun off your head and discourage U.S. drone strikes.
- During extreme heat alerts, visit elderly relatives and neighbours, because they're less likely to notice that you're wandering off with their air conditioner.
- Gatorade will give you energy you need to whine and complain with the same intensity

Sidney Crosby does during every single stoppage in play.

- Be warned that breathable clothing is surprisingly difficult to inhale.

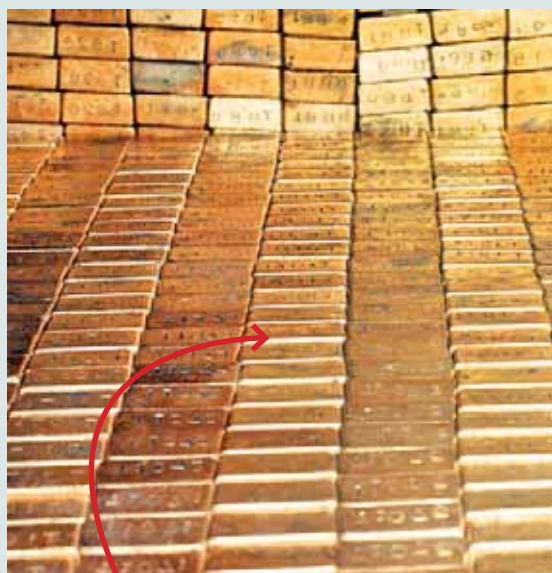
- Don't use the oven. I keep the oven off all year, because I'm so heat conscious.
- Many communities open public cooling centres during heat waves that include smiling, buxom models offering you free beer inside a room with a dance floor where the walls themselves are frosted glass. If you're not getting these perks, your tax money is being wasted.
- If you find yourself working outdoors in extreme heat, then I'll have a whisky sour — the real kind, with an egg in it, and don't sugar the rim. And try to make it today, OK, hon?
- In case of drought, keep a small electrolyte generator in your basement.
- On the hottest days, don't be ashamed to use a parasol to commit hara-kiri.
- Watch for signs of irritability. Remember that if it's under 25 C, you're the intolerable one, not the weather.

And those are my tips. I hope you found them helpful.

Or perhaps they left you cold. If so, you're welcome.

ZOOM

When stars collide ... it's golden



BARRY THUMMA/THE ASSOCIATED PRESS FILE

Shiny metals result from cosmic clashes

Gold bars are seen at the U.S. Depository in Fort Knox, Ky. A strange glow in space has provided fresh evidence that all the gold on Earth was forged from ancient collisions of dead stars, researchers said Wednesday.

Astronomers have long known that fusion reactions in the cores of stars create lighter elements such as carbon and oxygen, but such reactions can't produce heavier elements such as gold.

Instead, it was long thought that gold was created in a type of stellar explosion known as a supernova. But that doesn't fully explain the amount of the precious metal in the solar system.

About a decade ago, a team from Europe using supercomputers suggested that gold, platinum and other heavy metals could be formed when two exotic stars — neutron stars — crash and merge. Neutron stars are essentially stellar relics — collapsed cores of massive stars. **THE ASSOCIATED PRESS**



FAIRBANKS GOLD MINING INC./THE ASSOCIATED PRESS

Glowing after a burst

3.9B

NASA's Swift telescope last month observed a gamma-ray burst that resulted from the crash of dead stars. The burst, in a distant galaxy, was some 3.9 billion light-years away. Each light-year is about 6 trillion miles. The burst lasted only a fraction of a second.

Using ground telescopes and the Hubble Space Telescope, the team noticed an odd glow that lasted for days. Infrared light in the glow could be evidence that heavy elements such as gold had spewed out of the cosmic crash, the researchers said.

Struck gold

Fort Knox Mine, pictured, is the largest operating gold mine in Alaska.

- The research suggests gold was produced from stars crashing in the Milky Way. It doesn't delve into how Earth was sprinkled with riches, but previous studies have suggested that a meteor shower may have delivered gold to the planet.

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

There are a lot of things that can make cycling more pleasant. A sunny sky. A cool breeze. Infrastructure that provides you with a place to ride safely. Sadly, those are largely out of your control. But you can control the level of technological wizardry your ride is equipped with if you have these apps.

Bike Brain

A digital dashboard that packs GPS mapping as well as speed, distance and altitude tracking into a handlebar-mounted iPhone utility belt. Need to be more dazzled? There are available paid upgrades for additional features such as a Bluetooth-powered heart rate sensor. (iOS/Free)

Bike Repair:

The spring crush at bike shops to get your ride tuned up for the summer is

long past, but you can avoid it altogether next year with this illustrated repair and maintenance guide to grappling with common bike-related woes. (iOS, Android/\$3.99)

Coach My Ride:

Blessed with the imprimatur of top cycling coach Lionel Reynaud, CMR arms you with a professional training regimen with enough entry points to suit any cyclist, from weak-kneed beginner to corded-calved veterans. (iOS/\$2.99)



BRYN LENNON/GETTY IMAGES

Letters and Comments

RE: Chris Brown Teams Up With 'America's Worst Charity' To Bring Sick Boy To Canadian Show, published July 17

In my opinion Chris Brown has paid his dues as a citizen. I don't know what else people expect from him.

I know what he did was wrong but I truly believe that every person deserves a second chance to move on with their lives.

How can anyone do so if they are continuously harassed in the media, in public, etc.

I don't understand where

people get the time, energy and the hatred to continuously harass someone that is trying to move on.

Maybe everybody should get a life then they wouldn't have time to make other people's lives difficult. In my opinion, if Jesus Christ forgives then so should we. There have been musicians that have gone to prison for murder and they are still making records. **A. Grossi, Toronto**

This is a really pathetic publicity pull, and all parties should be ashamed of themselves for using a sick kid to try to clean up their image.

Danielle Goyetche posted to metronews.ca

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca

metro

PRIDE WEEK

Thursday, July 18, 2013

Pride in the community

Your City, Your Pride. Annual festival runs from July 18-28, highlighting local artists, activities

JANE
DOUCET
For Metro

In 1987, Halifax held its first Pride march amid growing unrest about the ongoing prejudice and discrimination against its lesbian, gay, bisexual, transgender and queer citizens. That first march was primarily a protest over the lack of legal protection from discrimination and the all-too-common threat of homophobic violence.

About 75 people marched through Halifax's North End that first year. A handful wore paper bags over their heads — not out of shame, but because of the very real fear for their livelihoods and safety.

Kathy Walsh was one of those inaugural marchers. Today, she is the chair of the

26th annual Halifax Pride Festival, which takes place from July 18-28 and whose theme is Your City, Your Pride.

Walsh is thrilled with what Halifax Pride, a non-profit organization of volunteers dedicated to producing the annual LGBTQ festival, has achieved over a quarter century.

"We're one of the biggest Pride events in the country," she said, "but we take great pleasure in offering a festival that highlights local artists and activities."

Since its debut, the Halifax Pride Festival has grown into a popular and much-anticipated celebration that includes numerous events showcasing the unique character of the diverse LGBTQ community, welcoming close to 100,000 participants every summer.



The dykes took on the divas in a baseball game last year. The event is back on the schedule this year, with teams taking the diamond Sunday. METRO HALIFAX FILE

Anita Marshall, a well-known community volunteer and activist, is this year's Pride parade grand marshal.

"Anita exemplifies the community pride and involvement typical of this great city," Walsh said.

Halifax Pride wouldn't be possible without the support of its many community partners. Gold-level sponsors of this year's festival include TD Bank, Casino Nova Scotia, Metro Guide Publishing and Energy 103.

"We're so proud of the people of our city in the way that they support Pride and, year after year, continue to make it a bigger and better event," Walsh said.

In fact, it was recently designated Canada's fourth-

largest Pride festival by Fierté Canada Pride, the national association of Canadian Pride organizations.

For more information about the upcoming Halifax Pride Festival events, visit halifaxpride.com.

Your City Your PRIDE

FRIDAY JULY 26

OUT DANCING with Rich Aucoin, DJ Josh & DJ Dollar
Garrison Grounds, Citadel Hill
8PM - 2:00AM • \$10 Advance or \$15 at gate

Ticket information available at halifaxpride.com

SATURDAY JULY 27

FESTIVAL & MAIN STAGE CONCERT

Garrison Grounds, Citadel Hill
3PM - 6:30PM • FREE
Performances By:
Heather Green, Kelly & the Kelly Girls,
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WETSPOT DANCE

In partnership with Halifax Pride
Garrison Grounds, Citadel Hill
9PM - 2:00AM • \$16 Advance or \$20 at gate





The 26th annual Pride Parade will take place on July 27. ISTOCKPHOTO/THINKSTOCK

Parade highlights festivities

TOM MASON
For Metro

For participants and the thousands of people lining the parade route, the 26th annual Pride Parade will be a highlight of Halifax Pride 2013.

The parade has come a long way in 26 years, when members of the local lesbian, gay, bisexual, transgender, queer (LGBTQ) community put paper bags and masks over their heads and marched through downtown streets in a show of solidarity. Today, the central event of Halifax Pride is a full-fledged community celebration where nobody feels the need to hide.

"The parade is one of the highlights of Pride, for sure," said festival vice-chair Chris-

topher Scullino. "The festival is a celebration of our community and our sexuality, and the parade caps everything off. It's a chance for us to be who we are and show our pride."

Scullino says this year's parade will be packed with great community floats, bands and street performers, along with participants from the Halifax Regional Police, RCMP and much more. One of the highlights will be a contingent from Pride Toronto.

"Next year Toronto is going to be hosting World Pride 2014," he said. "It's the first time a Canadian city has hosted World Pride. They are coming to Halifax to mark that event."

This is Scullino's first year

of involvement with Halifax Pride. He recently moved to the city from Toronto where he took part in organizing that city's Pride festival. He has noticed a big difference between the two celebrations — a difference in more than simply the scale of the events.

"There's more of a community feel here in Halifax. So many community groups want to get involved here and take part in the parade."

Planning for such a major event is a year-long process, Scullino said. "We start planning next year's parade the day after this one is over."

The Pride Parade gets underway at 1 p.m. on July 27. The parade route will follow Barrington Street to Spring Garden Road up the Garrison Grounds.



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Thursday, July 18, 2013

Vigil. Legacy of victim will be remembered

JANE DOUCET
For Metro

In the early hours of April 17, 2012, Raymond Taavel was killed outside Menz Bar on Gottingen Street in Halifax. While trying to stop a fight, the 49-year-old prominent member of the gay community was beaten to death (Andre Denny, who is charged with second-degree murder, will stand trial in Nova Scotia Supreme Court).

Although Halifax lost one of its strongest LGBTQ activists that night, Taavel has left a legacy that can't be extinguished. That legacy will be remembered during a vigil on July 22, honouring those who have lost their lives during the past year to homophobia and transphobia.

Halifax Pride and the AIDS Coalition of Nova Scotia are co-hosting the free candlelight vigil from 7:30-9 p.m. at the Spring Garden Road Memorial Public Library.

Support

"The entire city is better together when we all support each other."

Kathy Walsh, Halifax Pride chair

"Across Canada, there's a sense of complacency because our government has granted everyone basic human rights," said Halifax Pride chair Kathy Walsh. "But when hatred arises in the form of gay bashings and murders, it's our job to act. Part of that action is to educate the public by putting on a festival that is both inclusive and enjoyable."

When Walsh is asked why there is a need for Pride festivals, she has a ready response. "For the youth and others who don't have supports in their communities, and to highlight the history and struggles of the LGBTQ community."

Walsh points out that

Pride events aren't political, but rather a way to champion human rights for the LGBTQ community.

"Have we come a long way over the years? Yes," she said. "Do we still have a ways to go? Absolutely."

A timely topic that will be discussed at the vigil is bullying.

"We're going to tear the Band-Aid off bullying and define what it really is," Walsh said. "It's not just name-calling — it's harassment, physical assault and emotional abuse. And suicide isn't the answer."

The answer lies in being "better together," which is Halifax Pride's tag line. You might assume that it only refers to the strong bonds formed within the LGBTQ community, but you would be wrong.

"The entire city is better together when we all support each other," Walsh said.

For more information, visit halifaxpride.com.



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Thursday, July 18, 2013

PRIDE WEEK 15

Listen to dynamic speakers at TimeOUT lecture series

JANE
DOUCET
For Metro

Part of the Halifax Pride Festival lineup of events includes the always popular TimeOUT lecture series. Since 2005, the Nova Scotia Rainbow Action Project (NSRAP) has partnered with Halifax Pride to present a series of free lunchtime lectures and discussions.

This official Pride Week event is an opportunity for the public to hear some dynamic speakers reflect on the legal, political and social issues affecting the LGBTQ community.

"Pride is an important time to celebrate the victories of our community and have fun, but also to contemplate issues and think about history and the future," said Kevin Kindred, a NSRAP spokesperson and one of TimeOUT's speakers.

When it comes to choosing programming, Kindred said they look for topics that are both relevant and interesting.

Contemplating issues

"Pride is an important time to celebrate the victories of our community and have fun, but also to contemplate issues and think about history and the future."

Kevin Kindred, a NSRAP spokesperson and a TimeOUT lecture series speaker

"We try to find speakers who are doing good work that is getting noticed and also those who are flying a bit lower under the radar."

Each lecture will take place at noon at the Spring Garden Road Memorial Public Library.

Here is the lineup:


July 23: Queer Health Research. What is it and why does it matter? A presentation on queer health research and its impact on health care and daily lives. Members of Queer Health Research NS will discuss the importance of evidence-based research with examples of local queer health research.

July 24: Queer Spiritual Paths. Researchers Brenda Hattie and Brenda Beagan explore themes they have been

discovering in interviews with members of the LGBTQ community. These include harm versus solace and support, leaving old faith traditions and finding new ones, spiritual versus religious, and religion and cultural identity.

July 25: Talking Trans. Trans citizens and their allies struggle to find pronouns and other language that reflect gender's shades of grey. Community educator Nolan Pike will discuss "ze, they, hir" and other ways of talking trans.


July 26: Damned Lies... and Activism. How the enemies of equality distort the truth, and why we do, too. Halifax lawyer and activist Kevin Kindred examines the lies and myths used on both sides of the queer rights debate.



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PRIDE WEEK

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Thursday, July 18, 2013

Queer Acts showcases young artists, local talent

**TOM
MASON**
For Metro

When the Queer Acts Theatre Festival gets underway Thursday, the popular Pride event will be a showcase of young artists and local talent, says organizer Adam Reid.

"There's a really strong LGBTQ theatre community in town, and people in the community are starved to see their stories told. For a long time we've been hiding who we are, and now we love to see our stories and our artists up on the stage."

This year's Queer Acts lineup includes five productions — four by local artists. It's a diverse bill with something for everyone, according to Reid.

Country Song is an ode to country music by Lee-Anne Poole, Litmus Road is a conspiracy theory drama by Evan Brown, while Jet Legs is a fun-filled, stand-up and sketch comedy-variety show.

Two productions from young playwrights exploring female sexuality in heteronormative societies — Graceful Rebellions and Seventeen — cap off the show.

Seventeen is a fresh, funny piece about the growing pains of three teenage girls, written by young Halifax playwright Isha Sommer Zaman. Graceful Rebellions is a drama about three Afghan women struggling with issues of faith, love and death written by Toronto's Shaista Latif.

Reid started Queer Acts five years ago with the goal of fostering the production of new work and the development of local LGBTQ artists.

"I wanted to inject Pride with more of an arts and cultural component."



Country Song is an ode to country music by Lee-Anne Poole. CONTRIBUTED

Reid says the festival has been a huge success since its inception. "We've sold out every year."

The Queer Acts Theatre Festival opens Thursday night at The Bus Stop Theatre on Gottingen Street and runs until Sunday. The five shows will be presented nightly,

with the exception of Jet Legs, which closes Saturday. Festival pass tickets include all five shows, while tickets for individual shows can also be purchased.

Get tickets at halifaxpride.eventbrite.ca, with some tickets available at the door, depending on availability.

Guitarists ready to strike a chord

The highlight of Irish Mythen's musical career took place the night she took the stage ahead of Richie Havens, one of her musical idols.

On July 25, Mythen will host the Halifax Pride Festival Songwriters' Circle, an evening showcasing the talents, music and stories of Breagh Mackinnon, Ria Mae and Jess Healey.

Mythen has had a varied career. Transplanted from her native Ireland to Maritime Canada, she has performed across Europe, Australia, the Middle East and the U.K., working with some of this region's best known performers, including Gordie Sampson, Joel Plaskett, Ron Hynes, Matt Andersen, Bruce Guthro and Dave Gunning.

East Coast Music Award nominee Mackinnon released her debut EP in 2011. The young Cape Breton singer-songwriter, who plays "folk pop with a jazz influence," has been described by fellow Cape Bretoner Sampson as "that rare combination of voice, song and musical strength."

Singer-songwriter Mae has been challenging audiences with her complex and intimate melodies in recent years.

Halifax-based musician Healey is currently working on a follow-up to her debut album and will be showcased in an independent film later this year.

The Songwriter's Circle gets underway at 8:30 p.m. at The Company House, 2202 Gottingen St. Tickets are \$10 advance and \$12 at the door.

For a change of pace, check out Cosmic Drag Queen Bingo on Friday. The event will be hosted by the lovely Contessa with special guest performances from some of Halifax's best drag acts. The fun starts at 10 p.m. at the Forum Super Bingo Hall, 2901 Windsor St.. Admission is free, with three cards for \$8 or six cards for \$15.

TOM MASON



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Self-proclaimed voice of his people brings his hypnotic sounds to Hali

On display. Aussie Xavier Rudd brings his seventh album to city's Olympic Hall



BACKSTAGE PASS
Jenna Conter
halifax@metronews.ca

Australian-born multi-instrumentalist and animal rights activist Xavier Rudd is bringing his unique perspective and hypnotic sound back to Halifax.

Along with promoting his seventh album, Spirit Bird, Rudd is also excited to return to Canada's east coast with a show tonight at Olympic House.

"It reminds me a bit of home — I like the realness of people and that old, ancient survival energy that exists. That's a nice thing for any human being to be around," he says.

Connecting to the energies of the people and places around him is the essential base from which his music is created, he explains.

"My Australian-aboriginal side is ancient and is definitely a strong part of my music. I don't know if I'll really understand it, but I get it and I respect it."

Rudd attempts to relay nature's message to the public.

"I don't really have the authority to change it from where it comes in its purest form," he says.



Xavier Rudd is performing on tonight at Olympic Hall. CONTRIBUTED

Drink it in

- **What.** Xavier Rudd
- **When.** Olympic Hall
- **Where.** Tonight, 8 p.m.
- **Tickets.** sonicconcerts.com

"I believe I have a role as a messenger for our people and I can distinctly understand when that stuff is coming through me and I just let it come. It's not my

opinion. It's a message," he adds

Second only to his musical connections comes his participation in animal rights activism. Rudd has also aligned himself with groups like Paul Watson's Sea Sheppard organization.

"I first become involved with Sea Sheppard about seven years ago — they used

some of my music for certain things and I got more and more involved. I think that Captain Paul is one of the most important people to ever walk the earth," he said.

Rudd continues on his journey stopping at Olympic Hall tonight for a show with special guest Willie Stratton.

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Last Week: 1 / Weeks on List: 5



2. INFERNO Dan Brown

In the heart of Italy, Harvard professor of symbology Robert Langdon is drawn into a harrowing world centered on history's most enduring and mysterious literary masterpiece – Dante's Inferno.

Last Week: 2 / Weeks on List: 8

This Week

Last Week Weeks on List

- | | | |
|--|----|----|
| 3. THE EYE OF GOD James Rollins | 3 | 4 |
| ★ 4. THE SECRET KEEPER Kate Morton | - | 1 |
| ★ 5. THE ENGLISH GIRL Daniel Silva | - | 1 |
| ★ 6. FIRST SIGHT Danielle Steel | - | 1 |
| 7. SILVER STAR Jeannette Walls | 7 | 6 |
| 8. THE FIRE WITNESS Lars Kepler | 8 | 6 |
| 9. BEAUTIFUL DAY Elin Hilderbrand | 9 | 4 |
| 10. ZERO HOUR Clive Cussler | 10 | 8 |
| 11. THE SECRET RACE Tyler Hamilton | 11 | 5 |
| 12. SECOND HONEYMOON James Patterson | 6 | 3 |
| 13. THE KILL ROOM Jeffery Deaver | 13 | 7 |
| 14. REVENGE WEARS PRADA Lauren Weisberger | 5 | 7 |
| 15. TRANSATLANTIC Colum McCann | 15 | 7 |
| 16. WILD Cheryl Strayed | 16 | 16 |
| 17. LET'S EXPLORE DIABETES WITH OWLS David Sedaris | 17 | 13 |
| 18. FLIGHT OF THE EAGLE Conrad Black | 12 | 9 |
| 19. BEST KEPT SECRET Jeffrey Archer | 19 | 12 |
| 20. THE GREAT DEGENERATION Niall Ferguson | 4 | 5 |

Combined Fiction and Non-Fiction Bestsellers for the week, ending July 22nd

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metro

18

metronews.ca
Thursday, July 18, 2013



Justin Timberlake has been nominated for six MTV VMAs. THE ASSOCIATED PRESS

Justin Timberlake dusts off his Suit & Tie for the VMAs

Nominations. Timberlake, Macklemore & Ryan Lewis lead pack in nods

The man in the suit and tie and the duo who buys clothes at thrift shops are the leaders at this year's MTV Video Music Awards.

MTV announced Wednesday that Justin Timberlake and Macklemore & Ryan Lewis have six nominations each. Bruno Mars has four nominations. Timberlake's *Mirrors*, Macklemore & Ryan Lewis' *Thrift Shop* and Mars' *Locked Out of Heaven* will battle Robin Thicke's *I Knew You Were Trouble* for video of the year. Timberlake's *Mirrors* and *Suit & Tie* are up

Watch it

- Airing live. The VMAs will take place on Aug. 25 at Brooklyn's Barclays Center.

for best male video, pop video and collaboration, among others. THE ASSOCIATED PRESS

She's going from straight A's to getting her first F.



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Clairvoyant predicts a Conjuring sequel

Lorraine Warren.

Famed ghost hunter talks about how she deals with skeptics and that creepy doll that almost killed a priest



NED
EHRBAR
Metro World News in Hollywood

The Conjuring is the latest film to bring the work of clairvoyant Lorraine Warren and her late husband, demonologist Ed Warren, to the screen, but it's the first to feature the Warrens themselves as characters (played by Vera Farmiga and Patrick Wilson). Here's what we learned from the engaging and energetic 86-year-old Lorraine Warren.

The film really is based on true events

In the movie? Almost anything that they use (is true). They didn't go off-track that much, and they always let me hear what they were doing.

They would phone me and let me know. Most of it, yeah, it's really true.

She's now a big Vera Farmiga fan

(Vera and Patrick) came to our home in Connecticut to talk with us. My daughter happened to be visiting, and even my daughter said — and she would not if it wasn't true — she said, "Mom, that girl actually really knows who you are." Never met her before. I was really impressed by her, and I still am. She's a very down-to-earth girl.

She knows how to deal with skeptics

What I always ask them about is if they believe in God. You can reach people that way, to know them as a person. If you don't believe in God, how can you believe in anything supernatural? If you believe in God, no matter what your religion is, then you have to believe in something like this. That's the best way for me to put it, that way.

She's confident there will be a sequel

If this is a big hit — and it sure is showing signs of it — yes. And Vera and Patrick, I want them (to return). I think it's going to happen, honey. You know the Annabelle doll, the one that's portrayed in the beginning of the movie? I'm almost positive that they're going to be doing (another movie), and I think the Annabelle doll should be the next one. I'll never forget coming home with that doll in the back seat of the car. Ed stopped two or three times and he would cast out with holy water the back door of the car, make a sign of the cross with the holy water and command it to leave in the name of God. We got back in the car, and we were lucky enough to get home. This Catholic priest had called me up because he wanted to come and bless the doll. I'll tell you that night, when the priest was going home he called and he said, "I was almost killed." He said he saw the image of the doll in the rearview mirror and totalled his car.



Vera Farmiga, right, plays Lorraine Warren in *The Conjuring*. THE ASSOCIATED PRESS

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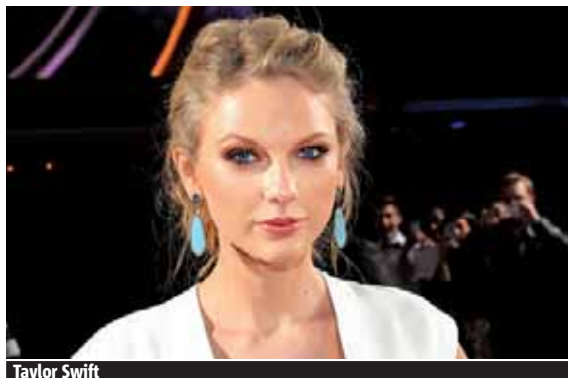
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Taylor Swift

Radio — making creepy men's dreams come true

A Boston radio station is learning the hard way that online contests for Taylor Swift fans can be tempting targets for Internet pranksters. Boston's Kiss 108 is holding a competition to find Swift's number one fan and give him or her a chance to meet the country star, but right now 39-year-old "Charles Z." is in the lead, thanks to his friends at the anonymous message board site 4chan. "My creepy 39-year-old friend named Charles

would like to crush all those girls' dreams, and then sniff Taylor Swift's hair because he's into that," an anonymous supporter wrote on the site. "Help him crush the dreams of these girls and give him a chance to make a complete ass of himself by blatantly just sniffing her hair with cameras rolling." When word went out on 4chan about the contest, Charles jumped from 25th place to first place in less than 24 hours.



Kate Middleton and Prince William

Not everyone excited about the new Royal arrival

It turns out not everyone in the Royal family is preoccupied with the impending arrival of Kate Middleton and Prince William's first child. Margaret Rhodes, the Queen's first cousin,

tells CNN that she's "not terribly" excited about the birth. "Everybody has babies and it's lovely," the 88-year-old says. "But I don't get wildly excited about it."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Cranston says he very nearly had a dark Walter moment

MELISSA TUBB
Metro World News in New York City

Playing a character like Walter White on *Breaking Bad* means facing your darkest impulses. And even a genuinely nice guy like Bryan Cranston — who plays Walter — has had some nasty moments in his life. He once fantasized about killing an abusive ex-girlfriend who

was stalking him. "My apartment had a brick wall on one side, and I envisioned opening the door, grabbing her by the hair, dragging her inside, and shoving her head into that brick wall until brain matter was dripping down the sides of it," Brian told GQ. "Then I shuddered and realized how clearly I saw that happening. And I called the police because I was so afraid. I was temporarily insane — capable of doing tremendous damage to her and to myself." Gross! Still, good for Bryan for having the sense to call the police. Walter White would have just killed that girl and her entire family.



Johnny Depp ALL IMAGES GETTY

Have you Heard who had a day out with Depp's kids?

Johnny Depp reached a major milestone in his relationship with Amber Heard this week: taking a trip with the kids. Heard accompanied Depp along with his 14-year-old daughter, Lily Rose, and his 11-year-old son, Jack, on

a trip to Tokyo to promote *The Lone Ranger*, according to *Us Weekly*. It's a big step for the couple, who have reportedly been dating since Depp split from longtime partner Vanessa Paradis.

Twitter



@JuddApatow
Stress is a great funk remover.



@AlbertBrooks
Maybe I'm old fashioned but putting the Boston bomber on the cover of *Rolling Stone* is a terrible idea.



@Sethrogen
You know what's awesome about falling off your bike and breaking your elbow? Not a f---in' thing.

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Resort to shopping in this time of transition

Clothed in confusion?

Despite the label it looks like you don't need a passport to get into resortwear — just an insatiable desire for new wearables

KATHRYN
GILBERT

Metro World News

Resort, it's that increasingly vague season of clothes that's currently in stores. And the runway shows for next year's resort season recently wrapped up in June. But what does resort mean? As the fashion world's transitional moment gets bigger and bigger, its purpose grows increasingly murky.

Designers initially intended the resort season to address a woman's summer holiday wardrobe needs. But does Roksanda Ilincic actually expect us to wear her voluminous coats poolside? Will Lanvin's jewel-encrusted dresses fit in our luggage?

Let's start with what's pretty clear: resort is all about the money. Helen Davis, head of womenswear at Harrods in London describes it as the "most commercial delivery we buy into, as it is on the floor at full price for over six months and therefore drives the business". Resort also tends to have fewer bells and whistles. As Davis points out, the collections include "good transitional pieces and classic styles," making resort purchases solid investments. They're also cheaper than seasonal collections: "The runway shows showcase the

best a designer has to offer and the most wow pieces of the season, therefore, the top price point for show collection pieces usually well exceeds the top price point of pre-collection pieces."

But don't you need to buy a ticket to St. Barths to wear your reasonably priced resort wardrobe? Well, it turns out the name is a bit of a red herring. Because while it was once destined for monogrammed luggage flying out to far-off lands, now the season is about fulfilling shoppers' desires for something new. Davis points out that brands are increasingly "introducing a pre-collection offering, to ensure there's constant newness on the floor."



ROKSANDA
ILINCIC



Transitional collections such as the ones pictured (all resort 2014) are growing in importance.



Chanel



JW Anderson

The cheat sheet

The fashion calendar

In the clothing business, it's the equivalent of the Gregorian calendar — instead of Christmas and Easter you get autumn/winter and spring/summer, with a slew of other runway shows in between.

Women's ready to wear (RTW)

These collections show twice a year, with the major focus on New York, London, Paris and Milan. They usually feature higher-priced showpieces that you'll see in magazines, on celebrities and editors throughout the season.

Resort

Also known as cruise or pre-collections, designers show these commercially orientated lines twice a year in the four major fashion capitals. Unlike RTW, there are no centralized venues or schedules.

Couture

Couture shows in the same manner as RTW, with a set calendar of shows, but is a completely different concept, focusing on rarefied, exclusive, painfully expensive custom garments. Fewer designers will show here. This is one for the big boys.

Men's RTW

One of the most recent additions to the fashion calendar, men's RTW is organized just like its female counterpart. This is where the more avant-garde menswear trends come from.

3
THE

Trends Report

- Trends Report's Canadian By Design discovers up-and-coming talent in the Canadian fashion scene. This week, meet Minling — a Toronto-based designer and stylist whose new line of eye-catching clutches will surely make you the centre of attention at any soirée.



metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetrolreneK

Mr. Hare cobbles a career

Fashion by the foot.

The dreadlocked designer chats Frank Ocean, getting laid and why he makes shoes for dancing

RICHARD PECKETT
Metro World News

The old adage, "The shoe makes the man," couldn't ring more true for Marc Hare. In 2008, the designer lost his job in fashion marketing and went on to create, in his words, "shoes for every moment." He designs for sybarites and socialites — men with a touch of the playboy about them. Not dissimilar from Hare, really, who has a passion for the sun and surfing. In fact, the 42-year-old describes himself as a "lazy person" but for a man who alludes to being a beach bum, he gets a lot done.

You've got an old leg and foot injury. Do you design shoes



Hare has steadily expanded his global footprint from having his shoes stocked on just one website, to global shipping at mrhare.com, to opening his first brick and mortar store in September last year. HANDOUT

for your own comfort?

I did design them around me but our most comfortable shoes are just that comfortable on everybody. It's well known that I just love holidays and being in hot places; a lot of my shoes are made for hot weather countries in the Mediterranean or on the equator.

Do you take back inspiration from any of those countries?

Always, because you come back with colours, shapes, even the attitude of that country. I'm half English and half Jamaican and I think it has a massive effect on the shoes I design and what I think is the basic shoe opposed to what the German industry thinks is a basic shoe.

What's your go-to shoe?

I haven't got one; I have a basic

collection.

There are some pretty outlandish men's shoes out there at the moment, with Jimmy Choo and Christian Louboutin going down a flamboyant route. Would you ever embellish your shoes in the same way?

It's a different kind of thing to do what I do but never say never. Those people have been making shoes for a long time and they put things into their shoes that I don't even know yet. I'm just blown away by the technical aspects.

You once mentioned that you rarely give shoes away to celebrities. Have you changed your attitude about that? And

if so, which celebrities make the cut?

Not unless I have — it's quite personal. If I'm inspired by what you do and if what you do raises my daily game then you can have some shoes. Like Tom Hardy — what a genius actor. Any time of day he can have them. Actually, Frank Ocean would be about my ultimate person to see in my shoes. He has a pair but I've just never seen him in them.

Women are said to judge a man by his shoes, so will your shoes help get a man laid?

It'll help but it's not a done deal. If you're a dick in my shoes, you're still a dick.

Mr. Hare by the numbers

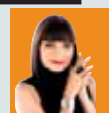
Hasn't shaved since he was 19 — he's now 42.

He's been growing his hair since he was 17.

Sold 300 pairs in 2008, compared to 7,000 this year.



Twitter



JEANNE SPACE
Jeanne Beker
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The perfect guest room, coffee and all

I recently moved into a small townhouse and would like to decorate my spare bedroom differently than the rest of my space. Any advice?
- MJ, Ottawa



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Choose a decor theme that you might like to get away to, but keep it neutral to appeal to all guests. This will keep you passionate about the decorating project but thinking of your guests first and foremost.

At my house, I decorated a guest room influenced by the seaside looks of Nova Scotia. Without being too country, I created a bright and neutral decor scheme using warm white, foggy blue and warm light wood tones.

The furnishings were clean-lined and not too fussy to appeal to my urban jet-setting guests.

Comfort

Buy a good mattress (or add a feather bed mattress topper to an existing mattress) for a luxurious night's sleep. Consider a double-sized bed if space is of concern; it offers lots of room for one yet sleeps two



Buy a good mattress so your guest can have a luxurious night's sleep.

ISTOCK IMAGES

in a pinch. Purchase neutral coloured sheets and towels; buying quality means longer-lasting and easy care. Add carpets and draperies if you want to create a quieter atmosphere for your guests.

Create an oasis

A convenience espresso maker for a quick sip while getting ready for the day, a docking/charging station to listen to some music, a basket filled with spa/bath products will all allow guests to relax in their room when they wake up. Books, current magazines and a portable DVD player will allow quiet time before turning out the lights in the guest room.



Cool, light colours tend to make a small space appear larger and brighter. YVONNE DUIVENVOORDEN PHOTOGRAPHY

Tight and tidy espresso makers offer a morning sip before leaving the room.

NESPRESSO U C50,
\$199, NESPRESSO.COM



An area rug helps to muffle sound and create a quiet environment.

TARNBY NATURAL RUG, \$149 FOR 6'X8',
IKEA.COM

Neutral-coloured cotton towels.

WHOLE HOME HOTEL COLLECTION, FROM \$12, SEARS.CA



Natural wood-tone docking station soothes the room with looks and sound.

IPHONE 5-ALARM CLOCK DOCKING STATION, \$40, URBANOUTFITTERS.COM



ARMCO COMMUNITIES



Homes on Darlington Drive built by Skymark Homes NS. CONTRIBUTED



Sunset over McCabe Lake in Indigo Shores. CONTRIBUTED

Armco Communities sets sites on Exit 2A

For harried commuters in the Middle Sackville area, Exit 2A changed everything. The new exit to Highway 101 provided new and easier access to Halifax, Dartmouth and other parts of HRM. Now one local developer is changing the face of the community around Exit 2A. Armco Communities is developing a number of new residential neighbourhoods in the area.

Sunset Ridge, with easy access from both Highway 1 and Highway 101 via Margeson Drive, is the most complete of the Armco developments in the area. It consists of 291 home sites, which are a blend of single family, semi detached and townhouse sites. The development also includes an apartment site which is yet undeveloped and a small commercial site. A larger commercial site is currently in the planning stage.

Across the road from Sunset Ridge, the Twin Brooks development is taking shape on land that was formerly the Sackville Golf Course. Location will be one of its most appealing selling features, says Stephanie Palmer, director of marketing with Armco Communities. "It's close to Margeson Drive and Highway 101, so it will be an easy commute into Halifax or Dartmouth," she says. The community currently consists of 261 home sites including a mix of single family and semi detached. "We are on site constructing streets and services for the final two phases, 4B and 5C which will consist of 132 single family, semi-detached and townhouse sites. We anticipate being in a position to bring those lots to market in late 2013."

Both Sunset Ridge and Twin Brooks are serviced with

municipal water and sewer.

New homes are available in Sunset Ridge and Twin Brooks from a selection of builders.

A third development off Exit 2A is currently going through the Municipal approval process. "Indigo Shores is an exciting development that will take advantage of McCabe Lake," says Palmer. While many of the lots feature lake frontage, all future residents will have lake access. The development plan also calls for plenty of public parkland.

Indigo Shores will consist of approximately 422 country style homesites. "We have final design approval and we have been onsite clearing the road network," says Palmer. "We anticipate starting road construction later this summer and if so would be in a position to bring the first lots to market in Spring 2014. The first phase will consist of approximately 100 lots, of which many will be lake-front."

Learn more about Armco Communities at www.armcocommunities.com.

TOM MASON/FOR METRO



Home in Twin Brooks built by Ramar Construction. CONTRIBUTED

Wrap it in raspberry: This leather forecast calls for natural, tasty treats

What does a child's snack have in common with a \$300-a-head meal at a three-Michelin-star restaurant? These days, both frequently include an edible leather: a purée of fruit (or, in the case of the restaurant, more often of a vegetable, such as tomato or onion) spread thin and dehydrated until it becomes stretchy.

Commercial fruit leathers roll out of factories by the yard, and those served at high-priced restaurants are prepared by expert chefs, so you might think that such a

modern creation is beyond the means of the home cook. But it's actually amazingly quick and easy to make an all-natural fruit leather that is a tasty, healthy and portable snack.

And you can use the same technique to create savoury vegetable leathers that add interesting, modern touches to traditional dishes.

All you need to make your own leather is a blender, an oven and about 20 minutes of prep time. Edible leathers do need one to three hours to dehydrate — the thicker the layer of purée, the longer it takes to dry — but you can do other things while they sit in the oven. For these recipes, timing is not critical.

Start to finish: 2 hours
Servings: 4

1. Arrange an 11-by-17-inch non-stick silicone mat on a rimmed baking sheet. Heat a food dehydrator to 150 F,

or set your oven to its lowest temperature.

2. Combine all ingredients in a blender, then puree until thoroughly blended, at least 30 seconds. Working quickly, pour the purée onto the mat and use an offset spatula or other long, flat utensil to spread it into an even layer 1/16 inch thick. If the purée sits too long in the blender it may set into a custard-like gel; if that happens, blend it again until it becomes fluid enough that you can spread it easily across the mat.

3. Place the baking sheet in the dehydrator or oven, and dry until leathery and tacky to the touch. A drying time of 1-1/2 to 2 hours is typical, but the time required can vary considerably depending on the thickness and wetness of the purée layer, the temperature of the chamber and the humidity of the air. Use the convection setting on your oven if one is available.

Sweet Raspberry Leather



The finished product is a versatile, tasty treat. AP PHOTO

4. When the leather is done, peel it gently from the mat, and use scissors to trim it to individual serving sizes; for use as a garnish, cut it into long,

thin strips. To store the leather pieces, roll them individually in waxed paper and then in plastic wrap. The leather will keep for a week when packaged this way. **THE ASSOCIATED PRESS**

Ingredients

- 2 cups (300 grams) raspberries
- 1 tablespoon (12 millilitres) cooking oil
- 1/4 cup (45 grams) sugar
- 0.6 grams (3/16 teaspoon) xanthan gum

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Annabel Karmel's cookbook for mothers combines 200 step-by-step recipes with a weekly planner and instructional video guide. Organized by age, there's nutritional purées for babies and soft pastas for toddlers.



Blackberry Smash Pink Lemonade Pops. Very cool and colourful summer hydration stations

Are you looking for a fun way to stay hydrated? To add some variety to your freezer this summer, Minute Maid has partnered with the Canadian Living Test Kitchen to whip up this frozen pop.

1. Place blackberries in large bowl and smash with wooden spoon. Add frozen lemonade concentrate, water and mixed berry blend. Pour into popsicle molds leaving half a centimetre of room at the top for

expansion. Freeze until hard.
NEWS CANADA/MINUTE MAID

Ingredients

- 3/4 cup fresh blackberries
- 1 can frozen Minute Maid pink lemonade concentrate
- 1 1/4 cups water
- 1 200 ml tetra box Minute Maid mixed berry 100% juice
- 16 pops with 1/4 cup capacity molds



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Roenick on ...

Hoping Crosby stays healthy

As long as Sidney Crosby is healthy, he'll be the best player in the NHL next year.

That's Jeremy Roenick's prediction. The Cole Harbour native is coming off an up-and-down year with the Pittsburgh Penguins, in which he missed 12 of 48 regular-season games with a fractured jaw, but managed to collect 15 goals and 41 assists as well as 15 points in 14 post-season games. Roenick is keeping his fingers crossed.

"There's so much to like: The way he works on the little things in practice, the way he carries himself on the ice, his ability to never be satisfied with the way that he plays. He's probably the smartest player in the (NHL)."

ANDREW RANKIN/METRO



Cole Harbour's Sidney Crosby
GETTY IMAGES

Roenick on ...

Being a fan of Brad Marchand

"I would take Brad Marchand on my team seven days a week, 24 hours a day, 365 days a year," said Roenick.

The pesky forward is coming off a fine all-round playoff performance, picking up 13 points in 22 games. The 24-year-old has been at the centre of trade rumours recently, a move the Bruins would be crazy to consider, says Roenick.

"You don't find many guys with that tenacity, that grit, that ability to score goals. He's young and sometimes he makes mistakes because he's working. I'll pick a guy who has attitude and grit and can put the puck in the net over talent that will come and go, like Alexander Semin."

ANDREW RANKIN/METRO



Brad Marchand of Hammonds Plains
GETTY IMAGES



Nathan MacKinnon beats Baie-Comeau Drakkar's Felix Girard on the faceoff in May. JEFF HARPER/METRO FILE



Jeremy Roenick with the Phoenix Coyotes during a game against the Colorado Avalanche in 1997. EZRA C. SHAW/ALLSPORT

Ex-NHLer Roenick wowed by MacKinnon

The Roenick way.

Nine-time all-star revels in comparison with Moose standout



ANDREW RANKIN

andrew.rankin@metronews.ca

Jeremy Roenick really started taking notice of Nathan MacKinnon six months ago.

On the advice of a friend, the nine-time NHL all-star, turned tell-it-like-it-is NHL broadcaster, decided to see what the fuss was all about.

He needed just a few game clips of the Halifax Mooseheads phenom.

Roenick was hooked.

"I love the way he plays the game," said Roenick of the Cole Harbour hockey star. "I like where he goes, the high-traffic areas, and he does it with so much speed. Obviously, he's a great talent; he's got great hands. He has got a very gifted mind for the game."

"But he goes into those tough areas with fearless abandon. You can see his desire to

True grit

"You can see his desire to score goals and when you can combine talent with that grit and tenacity, you're going to have a complete hockey player."

Jeremy Roenick

score goals and when you can combine talent with that grit and tenacity, you're going to have a complete hockey player, and he seems to be just that."

It's only been in the last month or so, before and after MacKinnon was selected No. 1 by the Colorado Avalanche at the NHL draft, that Roenick has been hearing the comparisons that so many scouts, fans and reporters have been making between him, the third-highest American scorer in NHL history, and the reigning Memorial Cup MVP.

Yes, Roenick, known as much for his fearless play as his nose for the net, sees a lot of himself in MacKinnon, from his tenacious two-way play to his superior hockey IQ, right down to MacKinnon's skating stride.

"He's got a very cool, long stride, not too hunched over. His posture's very similar to

mine.... I hope he has the ferocity that I had and lays a lot of shoulders into opposing players, because that's a big part of the game now."

And by the way, Roenick doesn't mind the comparisons. "That's a great compliment to me because the kid is truly, truly impressive and I really hope he has a great career."

A former first-round, eighth overall pick, Roenick can relate to the unyielding expectation and pressure MacKinnon will face in his rookie year.

"He has to go in there and demand respect but he has to do it in a quiet way," he said. "He needs to listen, to try to impress people with his grit, his work ethic and with his ability to learn. Guys in the dressing room will see how much you talk and how much you listen. On the ice, if someone gets in his face he has to give it right back."

The show

Young Avs perfect for the Mac: J.R.

Roenick has no doubt that MacKinnon will adapt and eventually thrive with the Colorado Avalanche.

The fact that he's going to a young Avalanche team under the guidance of two NHL legends — head coach Patrick Roy and executive vice-president Joe Sakic — will work to ease the transition.

"Staying there and making a name for yourself is the hard part," said Roenick. "I think he's going to have a good year. Patrick will let him be Nathan, who is creative, and be himself but be responsible at the same time."

"But only Nathan has the ability to show people how rare he is. He'll do that."

McIlroy to Faldo: Keep the change

British Open. Young star shrugs off golf legend's two cents that he needs to work more to overcome struggles

Rory McIlroy hasn't gotten too worked up about his struggles this year.

He certainly doesn't need any advice from Nick Faldo.

McIlroy shrugged off a suggestion from the six-time major champion to spend more time concentrating on golf, saying Wednesday that Faldo "should know how hard this game is at times."

McIlroy won his second major title last summer with a runaway win at the PGA Cham-



Rory McIlroy hits a tee shot during a practice round for the British Open on Wednesday in Gullane, Scotland. STUART FRANKLIN/GETTY IMAGES

pionship, but the 24-year-old from Northern Ireland has been off his game this season after changing equipment. Heading into the British Open, some have also speculated that off-the-course activities have cut into his preparation time and mental sharpness.

Earlier this week, Faldo

seemed to join that group when he urged McIlroy to spend the next two decades focused solely on his golf, calling it his "window of opportunity," before savouring all the benefits of being a multiple major champion.

"What's the big deal?" McIlroy said. "I haven't had the best six months, but it's OK. I'm

fine. I've got a good life. So, you know, it doesn't bother me. I'm in a good place. And as I said, I'm working hard. I feel like I'm working on the right things. And sooner or later it will turn around and I'll be back lifting trophies."

Faldo said he believes McIlroy's struggles are mainly mental.

"The most ideal thing is to go to the club, 9 in the morning, hit balls all day long, and you leave at 5," Sir Nick said.

McIlroy said he intended to play 108 practice holes at Muirfield leading up to the Open, and he took a jab at Faldo's proposed schedule.

"I actually was on the range at 6:15 (a.m.), and got out of the gym at 6:15 (p.m.) — actually a 12-hour day compared to his eight-hour day," McIlroy said.

THE ASSOCIATED PRESS

NHL

Concussions on rise despite rule change: Study

The NHL's three-year-old rule on illegal hits to the head isn't working and tougher sanctions are needed to reduce concussions, concludes new research led by Toronto's St. Michael's Hospital.

During the 2009-10 season — a year before the controversial Rule 48 came into effect — there were 77 concussions, suspected concussions and facial fractures, the study found. But the following season, that number jumped to 120, and the season after, it increased even more — to 126.

They also found that more than 64 per cent of concussions were caused by bodychecking, while only 28.4 per cent of events that led to concussions were called "illegal," resulting in the aggressor being given a penalty, fine or suspension.

The study was published online Wednesday in the journal PLOS ONE.

TORSTAR NEWS SERVICE

2014 World Cup

FIFA president second-guesses choice of host site

FIFA president Sepp Blatter said Brazil might have been the wrong choice as host of the 2014 World Cup if the tournament is affected by social protests like those at the Confederations Cup last month.

Hundreds of thousands of Brazilians took to the streets during the warm-up tournament in June, demanding better public services and expressing their anger over the costs to stage the World Cup.

"If this happens again we have to question whether we made the wrong decision awarding the hosting rights," Blatter told German press agency DPA on Wednesday.

THE ASSOCIATED PRESS



Sepp Blatter
GETTY IMAGES

Hey there, Canada!



Hi! I'm

PACHI

Official mascot of the
TORONTO 2015 Pan Am/
Parapan Am Games

TORONTO2015.org/mascot

Horoscopes

Aries

March 21 - April 20

There are so many positive influences in your favor at the moment that you really don't have to try too hard. Today's Jupiter-Neptune influence will make you feel more laid-back

Taurus

April 21 - May 21

It appears that you are keeping something from those you live and work with. No doubt you have a good reason for doing so but don't forget it is natural they should be suspicious.

Gemini

May 22 - June 21

When communicating with other people make sure it's not just one-way traffic. In other words, listen as well as talk. What you learn today should be both enlightening and amusing.

Cancer

June 22 - July 23

Take care of details today or risk having to waste time putting them right later on. But don't get so involved in minutiae that you lose sight of what it is you are trying to do.

Leo

July 24 - Aug. 23

If you expect the best today it will most likely happen. How could it not when so many people are desperate to see you succeed?

Virgo

Aug. 24 - Sept. 23

Some of the things that were important to you yesterday won't seem so important to you today and come tomorrow you probably won't care about them in the slightest.

Libra

Sept. 24 - Oct. 23

You will be asked to take on extra responsibilities today and although you are under no obligation to say "yes" you will earn yourself a great deal of credit if you do.

Scorpio

Oct. 24 - Nov. 22

You need to exercise self-discipline when dealing with financial matters.

Sagittarius

Nov. 23 - Dec. 21

If you have been planning a clean out of things that no longer serve a useful purpose then today is a good day to start. It won't be as disruptive as you fear

Capricorn

Dec. 22 - Jan. 20

Don't push yourself too hard, even if you are behind in your schedule. Timetables can be useful but they can also hinder your efforts and stifle creativity if they are too restrictive. The clock is your guide not your master.

Aquarius

Jan. 21 - Feb. 19

Try not to take it as a personal insult if someone refuses to see things your way. It could be you who has got it wrong. Okay, maybe that's going too far but it's certainly true that different people see things in different ways.

Pisces

Feb. 20 - March 20

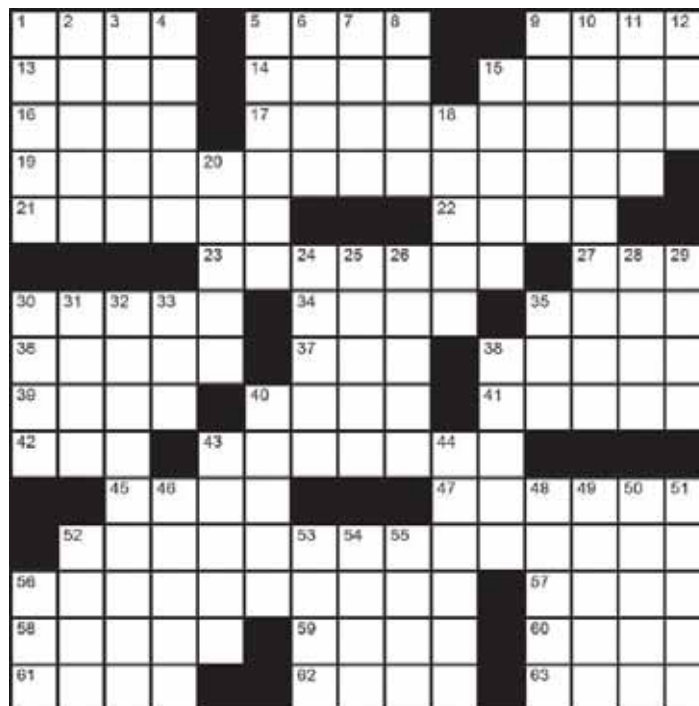
Don't sell yourself short. Claim the credit you deserve. Shout about your achievements. You are a very special person and you are doing some very special things.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. ___ of relief
5. Actress Ms. Dawber's
9. "Pardon me?"
13. Epithet for Athena
14. De-wrinkle shirts
15. Poultry places
16. Ville: English
17. Joni Mitchell song that starts "Sitting in a park in Paris, France..."
19. Alanis Morissette tune: 4 wds.
21. Title of reverence for God in Hebrew
22. Hopeful
23. London, ON born actress Rachel
27. Mil. rank
30. Vaulted church areas
34. Sits under the rays
35. Prefix to 'gram' (Hospital image)
36. Particular planet
37. Mr. Danson
38. Unrest unravelings
39. British bars
40. Up-in-the-sky toy
41. Sea eagles, variantly
42. Sugar amt.
43. Spray sort
45. "___ -Di..." (Beatles song title bit)
47. "Birthplace of New Scotland" in Nova Scotia
52. McCain cake, ___
56. "The ___ Candidate" (1962) starring Frank Sinatra
57. Wind direction device
58. "I'm Every Woman" singer Ms. Khan



Down

60. Empire of Peru
61. Rhyme Time: Hissy, Missy, ___
62. Clutter
63. Caustics
59. Advocate
60. Empire of Peru
61. Rhyme Time: Hissy, Missy, ___
62. Clutter
63. Caustics

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63. Caustics

60. Empire of Peru
61. Rhyme Time: Hissy, Missy, ___
62. Clutter
63. Caustics
59. Advocate
60. Empire of Peru
61. Rhyme Time: Hissy, Missy, ___
62. Clutter
63. Caustics

20. Retort to "You are not!": 3 wds.
24. Busting
25. Because of: 2 wds.
26. Mountains in South America
28. Gambler's input
29. Brit singer Ms. Stone
30. Scheduled time, as with a Dr.
31. Positive
32. Documents from process servers
33. Cannes conjunctions
35. Lady's man
38. "The Beachcombers" character
40. Sandra's "Speed" (1994) co-star
43. 1st Greek letter
44. Supposes
46. One of Roseanne's TV daughters
48. Politely mannered
49. Go ___ length (Do whatever it takes): 2 wds.
50. Small quantity
51. ___ directed (Prescription warning): 2 wds.
52. Morse Code bits
53. Be a rock band musician
54. U2's land
55. Falls behind
56. 1101 in ancient Rome

Wednesday's Crossword

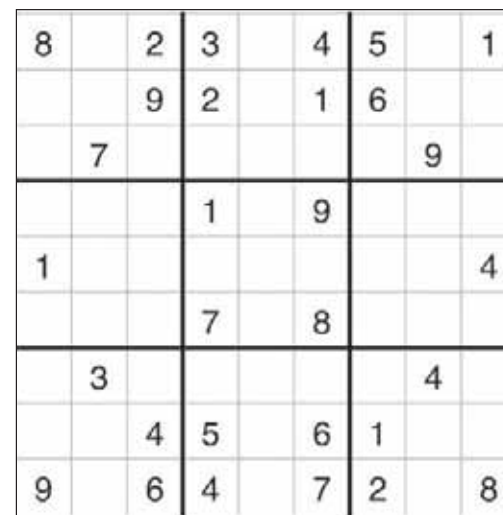


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Wednesday's Sudoku



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